



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

CARMEL VALLEY POOL

3777 Townsgate Drive.

San Diego, CA 92130

(858) 552-1623



www.sandiego.gov

SUMMER 2011

JUNE 20 THRU AUGUST 28

LAP SWIM

Monday-Thursday	6:00am-8:30am 11:30am-3:30pm 6:00pm-8:00pm
Friday	12:00pm-4:00pm
Saturday/Sunday	12:00pm-3:30pm

RECREATIONAL SWIM

Monday-Friday	12:00pm-3:15pm
Saturday/Sunday	12:00pm-3:30pm

CHILDREN'S POOL & LARGE SLIDES

Monday-Friday	12:00pm-3:15pm
Saturday/Sunday	12:00pm-3:30pm

The child structure and large slides are subject to closure at any time

July 4 th and September 5 th	12-3:00pm
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FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00



DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/ 30 swims
Adults (16 & older)	\$35.00/ 10 swims
Child/Disabled/Senior	\$45.00/ 30 swims
Child/Disabled/Senior	\$15.00/ 10 swims

•Passes expire one year from the date of issue and can be used at any City Pools.

•Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times

•All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.

•Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

•The City of San Diego Swimming Pools may close without notice during inclement weather conditions

All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.

CITY OF SAN DIEGO SWIMMING

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Ability to swim 25 yards of all four competitive strokes; Freestyle, backstroke, breaststroke, and butterfly. Try outs are required prior to season start date and are limited to the following dates and times:

SUMMER (June 6-Sept. 2) June 1st 5:00pm or
June 3rd 6:00pm

White Team

Monday/Wednesday/Friday 4:00-5:00pm

Silver Team

Monday/Wednesday/Friday 5:00-6:00pm

Fee: \$25.00/Month (Fees are due at the beginning of ea. month)



YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 17 years of age Games are on Friday.

Tuesday/Thursday



3:30-5:00pm

Fee: \$25.00/Month (Fees are due at the beginning of ea. month)

WATER EXERCISE- AQUAFIT

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow and deep water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Monday-Thursday

10:30am -11:30am

Adults/Seniors \$3.50/class

Discount Pass \$30.00/10 classes



RENTALS- All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

SAFETY CHECKS- There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING- All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

VOLUNTEERS NEEDED!-

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619)533-4017



All City of San Diego Pools, Beaches and Parks are Smoke Free.



SUMMER SWIMMING LESSONS SCHEDULE



Session 1 June 20-June 30 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beg inner 3	Beginner 2	Beginner 1	Tiny Tot*	Adv. Tot*	Tiny Tot*	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot*	Tiny Tot*	Beginner 1	Super Tot*	Beginner 1	Adv.Beg/Intern.
Adult-Beginner*	Intermediate	Super Tot*	Parent Tot	Beginner 2	Beginner 2	Beg inner 3	Adult- Inter/Adv*

Session 2 July 5-July 14 (Mon thru Thursday) 8/ 40 minute classes (No class on 7/4makeup class on Fri 7/8)

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beg inner 3	Beginner 2	Beginner 1	Tiny Tot*	Adv. Tot*	Tiny Tot*	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot*	Tiny Tot*	Beg inner 3	Super Tot*	Beginner 1	Adv.Beginner
Adult-Inter/Adv*	Intermediate	Super Tot*	Parent Tot	Beginner 2	Beg inner 3	Beg inner 2	Intermediate

Session 3 July 18-July 28 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beg inner 3	Beginner 2	Beginner 1	Adv. Tot*	Adv. Tot*	Tiny Tot*	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot*	Tiny Tot*	Beg inner 3	Beginner 1	Super Tot*	Intermediate
Adult-Beginner*	Intermediate	Super Tot*	Parent Tot	Adv.Beginner	Beginner 2	Adv.Beginner	Adult-Beginner*

Session 4 August 1-August 11 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beg inner 3	Beginner 2	Beginner 1	Adv. Tot*	Tiny Tot*	Tiny Tot*	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot*	Tiny Tot*	Beg inner 3	Adv. Tot*	Beginner 1	Beginner 2
Adult-Inter/Adv*	Intermediate	Super Tot*	Parent Tot	Intermediate	Super Tot*	Intermediate	Adv.Beginner

Session 5 August 15-August 25 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swim/Adv.Swim	Adv.Beg/Intern	Beginner 2	Tiny T/Adv. Tot*	Tiny T/Adv. Tot*	Adv.Beg/Intern	Super Tot*	Parent Tot
Adult-Beginner*	Beginner 3	Super Tot*	Parent Tot	Beginner 1	Beginner 2	Beginner 3	Adult- Inter/Adv*

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper". Please check condition of diaper regularly.
- Change swim diapers in the restroom or a diaper changing area and not at poolside. Germs can be spread in and around the pool.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.
- All Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.
- Please do not swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diaper

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request

LESSON FEES:

	Resident	Non-Resident
Large Group	\$54.00	\$108.00
Small Group*	\$81.00	\$162.00
Semi-Private Lessons	\$151.00	\$302.00
Semi-private participants must be of similar ability. (5/30 minute lessons)		
Private Lessons	\$181.00	\$362.00
(5/30 minute lessons)		

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.

Course prerequisites and age ranges should be used as suggested guidelines for appropriate student enrollment.

For prerequisites of all classes please contact the Pool Manager or log on to <http://www.sandiego.gov/park-and-recreation/aquatics>

Mail-in registration begins May 16 and ends June 3. Registration packets will be available at the pool on May 16 and online Midnight May 15. Walk-in registration begins June 11.

REFUND POLICY- Extra care should be given to the selection of classes. **There are NO REFUNDS or Credits. Full refund will be granted only if class is cancelled by the Pool Manager.**

DONATIONS-By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPIO Division, (619)525-8235